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What is psychological distance

What is psychological distance in geography.

This weekly support group is a long-standing collaboration between Caps and Lüs, Accessibility Resources Office or (ARO). The group is open to all students who have subscribed to ARO. A, Advocacy, Communication and Transition (ACT) offers students a safe and supporting place to openly share concerns, discuss issues, acquire specific skills and strategies to reach Personal goals and receive support and encouragement. If you are interested in Act and / or you have questions, contact Madeline Schutt (Associate Director of Accesses) Resourcesibility) at (434) 395-2391 or Dr. Maureen Walls-McKay Al (434) 395-2409. This group is designed for students who have symptoms related to stress and anxiety and seek support and methods to deal with stress. In the group, students who experience stress and anxiety can get support and constructive feedback from other students who struggle with stress / anxiety problems. The consultants will present psychoeducative information related to stress / anxiety, at the request of the group. If you are interested in the group and / or you have questions, contact Dr. David Davino at the number (434) 395-2409. Have you ever felt so angry that you could not see clearly? Many of us found ourselves in a situation in which emotions prevent us from seeing the general picture and react appropriately; For example: we could feel dragged by our emotions, pushing us to say or do offensive things. We could feel paralyzed by our feelings, and we are unable to overcome emotions. We could make wrong decisions because we lose sight of the general framework. In these emotional charged situations, the best thing to do is increase the psychological distance between you and the event. Before continuing, we thought you wanted to download our three emotional intelligence exercises for free. These scientific exercises will not only improve your ability to understand and work with your emotions, but will also provide you with the tools to promote the emotional intelligence of your customers, students or employees. What is psychological detachment? We often find ourselves in situations where we can't see the general picture. For example, in cases where we feel extreme stress, anxiety, sadness or anger, it can be difficult to understand the consequences of this particular event. To help us, we can use the technique of psychological removal. The concept of A à à à À psychological distance "intends to describe our ability to" take a step back and without an immediate response, observe the environment and reflect on the action line instead of being dominated by the immediate simulation " (Giesbrecht, MÄvÄller, & Miller, 2010, p. 337). There are three main strands in the existing research body on the psychological distance: the psychological distance can refer to the temporal distance of the events in the For example, the events of a distant future are treated differently than those of a near future (Trope & Liberman, 2003). Psychological psychological distance our ability to separate us from people we don't like. Specifically, we create space between ourselves and someone else that we perceive as undesirable (schimmel, pyszczynski, greenberg, or TM mahen, & arndt, 2000.) the psychological space is rooted in the psychology of development and describes how children create space between their actions and their immediate environment (giebrecht et al. space 2010.) the first and third flow of psychology are the roots of the reported perspective through psychological space can refer to various results. For example, perspective can refer to long-term aspects of planning, getting a perspective, we are better able to define the goals and meet deadlines. perspective can also refer to the clutch weakened by negative emotions. For example, your partner could do something that boils blood. However, when you get psychological space, you might understand that their behavior did not justify the intense emotional reaction you heard. In summary, acts of psychological detachment as a wide-angle lens. it allows us to reduce our close and enlarged experience so that we can see events and experiences as part of a wider process. The theory of types of psychological distance trope, liberman and waksliak (2007) describe four types of psychological spacers: time, space, social distance and hypothetical (i.e., probability.) time: we think of events that are far in the future differently than the activities that will happen soon. for events in the distant future, we have more abstract terms (for example, ät öpaying from my credit card ") than events close to future (for example, ät öpaying \$100 towards my credit card each month.) space: we use more abstract terms to describe events occurring within a physically close space than events occurring in a space that is further away; social distance: when we describe someone dissimilar to us, so we hate more abstract qualities and descriptors (i.e., increasing the distance between them and us) than when describing someone similar to us. hypothetical: We use multiple abstract words and terms to describe events that are less likely to happen (i.e. events with a considerable distance) than events that are more likely to happen (i.e. events with a small distance).They are some interesting information on how psychological spacing develops. The use of the term psychological spacing in the literature of development psychology could have been the precursor for the use of the term in clinical psychology (however, this is only alone hypotheses). Giesbrecht et al. (2010) provide a good synthesis of psychological detachment within developmental psychology. They hypothesize that the roots of psychological detachment can be traced back to key researchers and thinkers in the field of developmental psychology and learning (e.g. theorists such as Piaget and Vygotsky). Language and psychological distancing There are several theories to explain the acquisition of psychological distancing. For example, there is evidence that psychological distances develop in children through language. Through the word, children can play in an imaginary world that did not exist before or today. In this way, the word allows the child to move away between the real world and the imaginary, hypothetical scenario. Psychological detachment achieved through speech is not limited to children (Sigel, 2002). Sigel (2002) strongly argues that the use of language allows people of all ages to create a "distance" between themselves (as they exist) and the topic of discussion. Psychological distance and executive functioning Giesbrecht et al. (2010) argue that the three concepts of psychological detachment, executive functioning and emotional regulation are linked. Their relationship is explained as follows: Executive functioning allows a better regulation of our emotions. The regulation of our emotions causes a psychological detachment. Therefore, executive functioning also allows a psychological detachment. The term "executive functioning" refers to a set of skills and behaviours that are predominantly controlled by the frontal lobe, including (Snyder, Nussbaum, & Robins, 2006). Target-oriented and planned behaviours (e.g., deciding how to dress) Inhibition of responses (e.g., not distracted or waiting for the Monitoring Changing one's behaviour in response to a change in the environment (e.g. changing one's behaviour when playing a game of "Simon Says") Giesbrecht et al. (2010) argue that just as executive functioning is responsible for the cognitive processes described above, it allows us to perform processes important to the environment. Psychological distancing: Shifting: In particular, the ability to turn or divert our attention to another aspect of a problem or to shift our attention from one element to another is very important for psychological distancing. Response inhibition: The ability to limit our initial emotional response to a particular situation helps us to create a psychological distance. Also, by preventing ourselves from acting on our initial emotional response, we can react differently. Update: This process refers to our ability to update the information we are using and focusing on during a particular time. In particular, after shifting our focus and inhibiting our initial response, we can re-evaluate the information available in the current context and decide what important and what has no value. Theory of psychological distance in short Although there are some overlaps between different psychological distance flows, the act of psychological distance is mostly atheoric. That is, very few researches describe how the psychological distance "as a tool or technique" develops and functions in man. Mainly because psychological detachment is not an evolved process of course, but rather a technique that we can use in response to a particular scenario. The lack of theory is mainly the result of what we mean when we refer to "psychological distance". In positive psychology, psychological distance is mainly used as a tool or technique in response to a particular situation. Psychological removal is not a psychological process that explains some aspects of human behavior; For example, it is not a psychological process like memory or perception. Instead, it is a tool that we use in specific situations for specific purposes. The Benefits of Self-Distance The psychological distance allows us to create distance or space between us and something else "another person, an event or a source of intense emotion. Getting a perspective Creating space, we are also able to reformulate the situation in more abstract terms. For example, during a discussion, you may have the impression that your partner has it with you for the task in question, while when you create space, you may realize that your partner feels like you are not listening to it when complaining about something. Also, creating space and reconsidering events more abstractly, we are also able to react appropriately. For example, our response is not oriented towards the specific event in question, but takes into account the wider context of that event. Stimulating creativity An advantage of creating psychological detachment is that it also helps develop creativity. Moving from a more concrete problem to an abstract problem, we can ignore some of the parameters or limits that limited our solutions and instead find a creative solution. Three examples of real life Here are three examples of real life of psychological displacement that often occurs in everyday life. Accidental arguments We all found ourselves in (or observed) a heated debate or discussion when the consequences of resorting to unwanted behaviors or comments may have serious consequences. For example, during a discussion with your partner, you may feel the need to attack the character of your partner (i.e. an ad hominem attack) rather than address the topic of the discussion. Relying on this type of response, you can win the topic "" or at least finish it ", but the long-term consequences are that you could leave your partner to feel bitter andAt that crucial point in the discussion, just before you decided to stab your partner in, you might have made the best decision to step away and reflect on the bigger picture. If's... It's... Short term score 1-0 What is the long-term pain? Probably not. The night before the deadline we were all there. The experience is typically so: you feel incredibly anxious for a task that is due to the next day. Steps a lot of time to pour all the relevant material for the task Ä «Consult Books, Websites, and write more proofs. It looks like one of those evenings in which you are going to stand up late so you can present work in time. However, if you walk away and you took a moment to reconsider, you will realize that in reality, the term is for a draft and not for a final product. In any case, none of the extra works you did when you have dropped into the panic rabbit den is relevant. After a bit of rest, produce a better quality job. Overload We have all experienced the situation of having too much work to do. For example, it may be necessary (1) Complete the deadline, (2) go shopping, (3) Complete the second draft of the report, (4) Organize a visit to your doctor, and Ä «Anything else» (5) Oh yes, taxes! Each of these tasks is important for it, but are urgent tasks that must be completed right now? By putting a psychological distance between yourself and work overload, we would see that four of the five tasks do not require immediate attention. You can set a visit to the doctor for tomorrow, order online shopping or leave in a few days, taxes are not paid now, and the second draft is not paid today. The most immediate task is the task 1, while the remaining four tasks can be programmed for the future. Finally, sometimes, when trying to solve a problem, you can't converge on an appropriate solution. You tried everything, built multiple sample scenarios, rebuilding the numbers, tried to move things, but nothing helps. The problem cannot be solved. In situations like these, the best decision is to be born aside and see things in perspective. Or take a break (physical, temporal) and return to the problem in a few hours or tomorrow with new eyes or create space explaining the project to someone else (for example, the Rubber Ducky method). Explaining the project and your thoughts to someone else, redefines the problem and you could find out the solution or at least have blind prejudices and points challenged. Four techniques for self-distance 1. Take a pause The first useful technique is to take a break and get a real physical or temporal distance. For example, when you find yourself in an emotionally charged situation (as a discussion), we recommend taking a 15 minute break or leave space and stay yourself, how to take a walk. Coming out of the current situation and interrupting the immediate intensity of the situation, it is possible to redefine the situation. 2. Matrix of When you feel overwhelmed with a multitude of tasks, use the Eisenhower Matrix technique. In this technique, you create a 2 x 2 matrix. Columns include Urgent and Less Less and the lines include Important and Less Important. Then assign each task to one of the cells within this matrix. Eisenhower's matrix technique helps us move away from immediate anxiety and stress and gain a perspective. The activities listed in the Minor Important category "Less Urgent" do not merit your attention at the moment, and you can instead shift your attention to the activities in the Important cell "Urgent". 3. Look at yourself from afar When you're in an emotionally charged situation, try to imagine looking at yourself from afar. By changing the focus of your perspective from a first-person vision to a third-person vision, you can suspend some of the immediate emotional and psychological reactions you might experience. It will also allow you to reconsider your behavior while you were watching someone else in your position. What would you think of someone else's behavior if you saw them in the same situation? 4. Watch yourself from the future This is one of the most useful techniques and is suitable for more scenarios. When you're in an emotionally charged situation or when you think your behavior isn't helpful (for example, procrastinating), try to imagine yourself as the future, looking back and looking at your current behavior. By creating your own time space, you are less likely to focus on the immediate and concrete features of the current situation and to see the event and its consequences in a larger context. For example, by procrastinating now, you will have more work and stress later; by making this offensive remark now, you may have a weaker relationship later. On a side note, all these techniques are also very useful for setting goals. Imagine, for example, that you want to limit unnecessary financial expenditure. Imagine saving for a long-term goal (e.g. a holiday to the Maldives), and to achieve that goal, you'll have to save a fixed amount each month. Unfortunately, you have given up some of your savings for other desires and desires, for example, new clothes and games. Before making a purchase, pretend to be future-you when taking your vacation, looking back at your shopping. In this situation, how would you consider your purchases? If you find yourself answering "not necessary", then it's time to abandon the shopping cart. PositivePsychology.com Useful Tools At PositivePsychology.com, there are at least four tools that will help change your mindset and goal setting. The first useful tool is to help you stop holding grudges. This tool aims to change the mindset, which is the same objective of psychological detachment. By changing the perspective of time, reflecting on the past or the future, the instrument aims to bring to the foreground happy and loving feelings. The exercise Short (10 minutes) and can be performed in a clinical environment at work or at home. In When Hot Buttons are driven, customers learn to regulate their emotions and e They act impulsively about their emotional reactions, including anger and fear. This exercise takes about 30 minutes and is suitable for group sessions or group exercises. In building a mentality open in relationships, customers learn to change their mentality and adopt a more open mentality. Changing mentality coincides with psychological removal and therefore should be advantageous. In total, this exercise should last only 10 minutes. The Self-Efficacy By Take Small Steps tool helps transform a very long term objective (ie one with a lot of psychological distances) in a series of smaller and most immediate goals (ie one with a minor psychological distance). 17 Exercises of emotional intelligence If you are looking for more scientific ways to help others develop emotional intelligence, this collection contains 17 tools and validated for professionals. Use them to help others understand and use their emotions to their advantage. A message to take home has ever been told that you are «too emotional» or Ä «to overcome it? Ä» If you have to face the difficult fact that your emotions govern you and potentially ruin your life, the psychological distance can be the answer. Through psychological removal, you can earn space between you and the surrounding environment. Through this space, you will be able to obtain the perspective, emotional control and cognitive control. With the four types of psychological removal - spatial, temporal, social and hypothetical ä € "you can use techniques to build distance and resume control of your life. PositivePepsyChology.com also offers various useful exercises that will also help doctors and professionals to teach their useful psychological distance techniques. We hope you enjoyed reading this article. Don't forget to download our three emotional intelligence exercises for free. Giesbrecht, G. F., MÄvÄller, U., & Miller, M. (2010). Psychological distance in the development of executive function and emotional regulation. In BW Sokol, U. 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